Supplementary Table I.—GRADE. Summary of evidence of the results according to their certainly and their importance using the GRADE tool.

№ of studies	Study design	Risk of bias	Inconsistency	Indirectly evidence	Imprecision	Others	[Intervention group]	[Comparation group]	Relative (95% CI)	Absolute (95% CI)	Certainly assessment	Importance
Certainly assessment							№ of patients		Effect			
Cobb angle												
5	RCTs	Serious [a]	Not serious	Not serious	Serious[c]	None	79	65	-	MD 3.18 less. (4.30 less to 2.07 less)	⊕⊕◯◯ Low	NOT IMPORTANT
Quality of Life in Scoliosis												
3	RCTs	Serious [a]	Not serious	Not serious	Very Serious[c,d]	None	35	37	-	MD 0.28 higher (0.18 higher to 0.38 higher)	⊕◯◯◯ Very Low	NOT IMPORTANT
Trunk rotation angle												
3	RCTs	Serious [a]	Serious[b]	Not serious	Very Serious[c,d]	None	60	46	-	MD -2.12 less. (3.44 less to 0.80 less)	⊕◯◯◯ Very Low	NOT IMPORTANT

CI: Confidence interval; MD: Mean difference.

a: more than 25% of participants came from studies with poor or fair methodological quality; b: heterogeneity among results of studies ($I^2 \geq 50\%$); c: 95% CI of SMD >0.5; d: sample sizes <50 individuals.